

Kidz Love Soccer

Kids ages 2½ - 10 years old learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer method. A session experience includes age appropriate activities such as skill demonstrations, fun games, and instructional scrimmages conducted in a non-competitive, recreational format. Shin guards are required after the first meeting. Kidz Love Soccer Rain-Out Hotline is 1-866-590-9965.

Mommy/Daddy & Me

Introduce yourself and your toddler to the 'World's Most Popular Game'! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. A variety of activities designed around the game of soccer will be played each week.

Loc: Grass Lawn Park Softball Field #1

Age: 2-3½ yrs & parent..... Fee: \$71R/\$85N

36634	Thu	May 5-Jun 23	3-3:30pm
36635	Thu	Jul 7-Aug 25	3-3:30pm

Tot/Pre-Soccer

Encourages large motor skill development through soccer fun games and introduces small children to the group setting.

Loc: Grass Lawn Park Softball Field #1

Age: 3½-5 yrs Fee: \$71R/\$85N

36643	Thu	May 5-Jun 23	3:30-4:05pm
36644	Thu	Jul 7-Aug 25	3:30-4:05pm

Soccer 1

Teaches the basic techniques of soccer for beginning players including dribbling, passing and receiving, shooting, goal keeping, etc. Every participant will have a ball at their feet! Small sided soccer matches will be introduced gradually.

Loc: Grass Lawn Park Softball Field #1

Age: 5-6 yrs Fee: \$71R/\$85N

36645	Thu	May 5-Jun 23	4:05-4:50pm
36646	Thu	Jul 7-Aug 25	4:05-4:50pm

Soccer 2

Teaches the basic techniques of the game and reinforces good soccer habits. Introduces team tactics in an age specific format. Fun skill games will be played at every session.

Loc: Grass Lawn Park Softball Field #1

Age: 7-8 yrs Fee: \$71R/\$85N

36650	Thu	May 5-Jun 23	4:50-5:35pm
36651	Thu	Jul 7-Aug 25	4:50-5:35pm

Soccer 3

Teaches the basic and advanced techniques of the game. Children review and expand upon their past soccer experience. Fundamentals are fortified and high-level skills are introduced such as dribbling moves, juggling, accurate shooting, etc. Team tactics will be covered such as possession style of play, combination play, team shape, to name just a few. Small sided soccer matches will be played and enjoyed every week.

Loc: Grass Lawn Park Softball Field #1

Age: 9-12 yrs Fee: \$71R/\$85N

36652	Thu	May 5-Jun 23	4:50-5:35pm
36653	Thu	Jul 7-Aug 25	4:50-5:35pm

Soccer Tech

Michael Smith is the founder and director of Soccer Tech Inc. Michael teaches all classes and is a former player and Assistant Camp Director with the original Seattle Sounders. He's earned both a USSF National B and Youth license and is the current Head Coach for the Newport HS Boys and Girls Soccer teams.

Soccer Tech Indoor Soccer Clinic

Learn the basic fundamentals of soccer, including dribbling, passing, scoring, and defense through the use of fun drills, games, and scrimmages. Children learn to play with teammates and develop balance, coordination, and listening skills. Limited to 10 participants for lots of individual and small group instruction. Please bring water and wear comfortable clothing. Shin guards recommended. No class May 28.

Instr: Michael Smith

Loc: Old Redmond Schoolhouse Community Center Gym

Age: 4-6 yrs Fee: \$62R/\$74N

36605	Mon	Apr 25-Jun 6	11-11:45am
36606	Mon	Apr 25-Jun 6	1-1:45pm
36607	Mon	Apr 25-Jun 6	2-2:45pm

Tennis - Adults

Learn the basics or polish your skills during these classes for ages 17+. Maximum class size is 8 participants. Please bring your own racquet. Tennis balls will be provided. All cancelled classes due to inclement weather will be rescheduled as soon as possible.

LOCATION Information:

Grass Lawn Park,
7031 148th Avenue NE, Redmond

Redmond High School,
17272 NE 104th Street, Redmond

Tennis Lessons for the Beginner

Skill level for Beginner: No experience or lessons.

Loc: Grass Lawn Park Tennis Court 1

Age: 17+ yrs..... Fee: \$60R/\$72N

36762	Mon, Wed	Apr 25-May 18	6-7pm
36763	Mon, Wed	May 23-Jun 15	6-7pm
36764	Mon, Wed	Jun 20-Jul 18	6-7pm
36765	Mon, Wed	Jul 20-Aug 15	6-7pm
36766	Mon, Wed	Aug 17-Sep 19	6-7pm

Tennis Lessons for the Beginner

Loc: Redmond High School Tennis Courts

Age: 17+ yrs..... \$60R/\$72N

36768	Mon, Wed	Jun 20-Jul 18	6-7pm
36769	Mon, Wed	Jul 20-Aug 15	6-7pm

Age: 17+ yrs..... \$30R/\$36N

36790	Mon-Thu	Jun 20-23	9-10am
36791	Mon-Thu	Jun 27-30	9-10am
36792	Tue-Fri	Jul 5-8	9-10am
36794	Mon-Thu	Jul 11-14	9-10am
36795	Mon-Thu	Jul 18-21	9-10am
36796	Mon-Thu	Jul 25-28	9-10am
36797	Mon-Thu	Aug 1-4	9-10am
36799	Mon-Thu	Aug 8-11	9-10am
36800	Mon-Thu	Aug 15-18	9-10am

Tennis Lessons for the Advanced Beginner

Skill level: Have taken beginner class or have some skill in forehand and backhand, serve, and scoring.

Loc: Grass Lawn Park Tennis Court 1

Age: 17+ yrs..... Fee: \$60R/\$72N

37070	Mon, Wed	Apr 25-May 18	7-8pm
37071	Mon, Wed	May 23-Jun 20	7-8pm
37072	Mon, Wed	May 23-Jun 15	8-9pm
37073	Mon, Wed	Jun 20-Jul 18	7-8pm
37074	Mon, Wed	Jun 20-Jul 18	8-9pm
37075	Mon, Wed	Jul 20-Aug 15	7-8pm
37076	Mon, Wed	Jul 20-Aug 15	8-9pm
37077	Mon, Wed	Aug 17-Sep 19	7-8pm
37078	Mon, Wed	Aug 17-Sep 19	8-9pm



Tennis Lessons for the Advanced Beginner

Skill level: Have taken beginner class or have some skill in forehand and backhand

Loc: Redmond High School Tennis Courts

Age: 17+ yrs.....Fee: \$60R/\$72N

36772	Mon, Wed	Jun 20-Jul 18	7-8pm
36773	Mon, Wed	Jul 20-Aug 15	7-8pm

Age: 17+ yrs.....Fee: \$30R/\$36N

36803	Mon-Thu	Jun 20-23	10-11am
36804	Mon-Thu	Jun 27-30	10-11am
36805	Tue-Fri	Jul 5-8	10-11am
36808	Mon-Thu	Jul 11-14	10-11am
36809	Mon-Thu	Jul 18-21	10-11am
36810	Mon-Thu	Jul 25-28	10-11am
36811	Mon-Thu	Aug 1-4	10-11am
36812	Mon-Thu	Aug 8-11	10-11am
36813	Mon-Thu	Aug 15-18	10-11am

Tennis Lessons for the Intermediate

Skill level: Good forehand and backhand, consistent serve and volley; knowledge of scoring.

Loc: Grass Lawn Park Tennis Court 1

Age: 17+ yrs.....Fee: \$60R/\$72N

37079	Tue, Thu	Apr 26-May 19	6-7pm
37080	Tue, Thu	May 24-Jun 16	6-7pm
3708	Tue, Thu	Jun 21-Jul 14	6-7pm
3708	Tue, Thu	Jun 21-Jul 14	8-9pm
3708	Tue, Thu	Jul 19-Aug 11	6-7pm
3708	Tue, Thu	Aug 16-Sep 8	6-7pm
3708	Tue, Thu	Aug 16-Sep 8	8-9pm

Tennis Lessons for the Intermediate

Skill level: Good forehand and backhand, consistent serve and volley; knowledge of scoring.

Loc: Redmond High School Tennis Courts

Age: 17+ yrs.....Fee: \$60R/\$72N

36777	Tue, Thu	Jun 21-Jul 14	6-7pm
36779	Tue, Thu	Jul 19-Aug 11	6-7pm

Age: 17+ yrs.....Fee: \$30R/\$36N

36814	Mon-Thu	Jun 20-23	11am-12pm
36815	Mon-Thu	Jun 27-30	11am-12pm
36816	Tue-Fri	Jul 5-8	11am-12pm
36817	Mon-Thu	Jul 11-14	11am-12pm
36818	Mon-Thu	Jul 18-21	11am-12pm
36819	Mon-Thu	Jul 25-28	11am-12pm
36820	Mon-Thu	Aug 1-4	11am-12pm
36821	Mon-Thu	Aug 8-11	11am-12pm
36822	Mon-Thu	Aug 15-18	11am-12pm

Tennis Lessons for the Advanced Intermediate

Skill level: Good forehand and backhand, consistent serve and volley; knowledge of scoring.

Loc: Grass Lawn Park Tennis Court 1

Age: 17+ yrs.....Fee: \$60R/\$72N

37086	Tue, Thu	Apr 26-May 19	7-8pm
37087	Tue, Thu	May 24-Jun 16	7-8pm
37088	Tue, Thu	May 24-Jun 16	8-9pm
37089	Tue, Thu	Jun 21-Jul 14	7-8pm
37090	Tue, Thu	Jul 19-Aug 11	7-8pm
37091	Tue, Thu	Aug 16-Sep 8	7-8pm
37092	Tue, Thu	Jul 19-Aug 11	8-9pm

Tennis Core Performance • NEW!

55 min Performance training class to elevate your tennis game. This is the same program that professional tennis players use to unlock their true physical potential while reducing the potential for injury. Now amateur athletes will have the same access to the training methods used by numerous WTA and ATP players. This class will make you a faster, stronger and more effective athlete. The class is comprehensive yet simple enough to follow for players of all levels. As long as you pledge to work hard, this system will lead you to results that will revolutionize your tennis game.

Instr: PRO Sports Club Staff

Loc: PRO Sports Club on Willows Road - Multipurpose Room

Age: 18+ yrs.....Fee: \$225R/\$270N

.....Fee for *July classes: \$200R/\$240N

35780	Tue, Thu	May 3-31	7-7:55am
35784	Tue, Thu	May 3-31	5:30-6:25pm
35788	Wed, Sat	May 4-28	10-10:55am
35781	Tue, Thu	Jun 2-30	7-7:55am
35785	Tue, Thu	Jun 2-30	5:30-6:25pm
35789	Sat, Wed	Jun 4-29	9-10:55am
35782*	Tue, Thu	Jul 5-28	7-7:55am
35786*	Tue, Thu	Jul 5-28	5:30-6:25pm
35790*	Sat, Wed	Jul 2-30	9am-9:25am
35783	Tue, Thu	Aug 2-30	7-7:55am
35787	Tue, Thu	Aug 2-30	5:30-6:25pm
35791	Wed, Sat	Aug 3-31	10-10:55am

Adult Sports

Volleyball - Spares & Pairs

Looking for exercise, an opportunity to meet new friends, and just have fun? Would you like to play in a coed volleyball league, but can't put a team together? Then register as an individual or with a friend for Spares and Pairs Volleyball. Improve your playing skills while enjoying volleyball in an informal, recreational atmosphere.

Loc: Rose Hill Jr High Gym

Age: 18+ yrs.....Fee: \$36R/\$43N

36594 Tue Apr 5-Jun 7 7:30-9:15pm

Old School PE Class • NEW!

This program offers adults a full session of dodge ball, kickball, floor hockey, tug of war, steal the bacon and all your other P.E. favorites. Come with a sense of humor.

Loc: Old Redmond Schoolhouse Community Center Gym

Age: 17+ yrs.....Fee: \$40R/\$48N

36572	Wed	May 11-Jun 29	6-7pm
36573	Wed	Jul 6-Aug 24	6-7pm



Drop-In Programs

Lunchtime Drop-In Basketball

Come and make new friends or meet up with old friends for a friendly pick-up game during your lunch break. The games will be played in the Old Redmond Schoolhouse Community Center Gym. The rules and the team formations will be decided when everyone arrives.

Loc: Old Redmond Schoolhouse Community Center Gym

Age: 18+ yrs.....Fee: Free

36600 Tue, Thu May 3-Sep 1 12-1pm

Open Gym Volleyball

No pre-registration required. Individuals and teams welcome. An adult must supervise children under the age of 10 years. Showers are not available. No Open Gym May 27 or July 1.

Loc: Old Redmond Schoolhouse Community Center Gym

Age: 16+ yrs.....Fee: \$4 at the door

Fri May 6-Aug 26 6-9pm